



**BALL STATE  
UNIVERSITY**  
Counseling Services

## Counseling Center Services- Spring 2022

The number one concern of the Ball State Counseling Center is the health and mental health of the Ball State community. The Counseling Center is offering both in-person and telehealth appointments. The Counseling Center is a healthcare facility. Consistent with CDC guidelines for healthcare facilities, we require a mask for all in-person appointments. Below is a list of the services provided by the Counseling Center.

### Resource and Relaxation Room

The Resource and Relaxation Room provides an opportunity for students to use massage chairs, light therapy, a coloring station and other services to help decrease stress and promote wellness. These resources are free of charge and do not require an appointment. The Resource and Relaxation Room is located in Lucina Hall room 310-A.

### Online Self-Help Resources

Over the past few years, the Counseling Center has worked hard to develop self-help resources that can be accessed 24 hours per day. These resources include:

- Counseling Center Website- We have a variety of resources for self-help, career exploration and assessment. We also have a YouTube channel with a variety of videos on topics such as how therapy works, healthy coping, self-esteem, managing anxiety and dealing with mental health challenges related to COVID. These services can be accessed at <https://www.bsu.edu/campuslife/counselingcenter>.
- WellTrack- This is a free, on-line, self-help tool. It can help you learn to manage stress, anxiety and depression and has a brief assessment, mood tracker and modules to build skills. There is a link to this app on the Counseling Center website or it can be download from <https://bsu.welltrack.com>, the App Store and Google Play. You will need a Ball State University email to register.
- Facebook, Twitter, Instagram- We post on these social media platforms so please follow us! You will find mental health life hacks, links to resources and motivational and inspirational quotes.
- Self-Care Challenge- This 4-week email-based program that will provide you with several activities to promote positive self-care, manage daily stressors, and build healthy coping skills. All Ball State students are welcome to participate and can sign up at [https://bsu.qualtrics.com/jfe/form/SV\\_bHrBV2BXwW7iFpz](https://bsu.qualtrics.com/jfe/form/SV_bHrBV2BXwW7iFpz).

### Prevention and Support Services

The Counseling Center offers a variety of outreach programs throughout the year. Topics include managing anxiety, coping with depression, healthy relationships, stress management, developing resiliency and many more. These services may be provided via either secure video (Zoom or other secure platform) or in person based on current campus safety guidelines and the type of outreach. More

information on these trainings can be found at

<https://www.bsu.edu/campuslife/counselingcenter/outreach>

### Let's Talk

This service provides easy access to a one-time, informal, confidential, and free conversation with a Counseling Center staff member. During this meeting, the staff member will offer support and help you problem solve your concerns. This is not treatment or therapy and does not replace traditional counseling. To schedule a meeting please call the Counseling Center (765-285-1736). Students must be located in Indiana at the time of the meeting.

### Mental Health Treatment

- Personal Planning Appointments- During this appointment a student will meet with a therapist to discuss their needs. The therapist and the student will work together to identify resources that can be helpful to the student. These resources will be written up on the "My Action Plan" (MAP) and provided to the student to ensure they have access to the resources they need. Resources on the MAP may include Counseling Center services like therapy or other support services available on campus such as the learning center or academic advising. To schedule a meeting please call the Counseling Center (765-285-1736). Students must be located in Indiana at the time of the meeting.
- Individual and Group Therapy- The Counseling Center offers individual therapy and group therapy to support student mental health and to promote resilience. Due to state licensure laws, students must be located in Indiana in order to receive therapy services. A student must complete a Personal Planning Appointment before beginning therapy.
- Resiliency Bootcamp- Resiliency Bootcamp offers individual sessions for students in either a 3-session or 5-session format based upon each individual student's needs and concerns. Resiliency Bootcamp provides psychoeducation and skills to help students become more resilient, managing difficult emotions in times of distress, improve and maintain positive communication skills within their relationships. To participate in this service, contact the Counseling Center for an appointment (765-285-1736).
- Psychiatry- To meet the needs of students who require medication to treat their mental health concerns, the Health Center has a full-time psychiatrist and a psychiatric nurse practitioner. Any students who need psychiatric services can talk with their therapist about a referral or contact the Health Center directly (765-285-8431). The Counseling Center and the Health Center work closely together to ensure students' mental health needs are met.

### Urgent Services

The Counseling Center offers appointments for students who are experiencing an immediate mental health concern. Because the Counseling Center can provide these services via secure video, any students that need urgent mental health services do not need to come to the Counseling Center. Instead students should call the Counseling Center (765-285-1736) and we will arrange for a meeting with a therapist via secure video or telephone.

### Community Referral

Sometimes a student wants or needs a service that the Counseling Center cannot provide. The Counseling Center will work with the student to help them find the services they need in the community.

### Consultation about Ball State Students

Individuals can call the Counseling Center (765-285-1736) to schedule a meeting to consult about Ball State Students who may be struggling. If you have a student you want to consult about, give us a call. We can help develop a plan for how to support the student.